What is claimed is:

- 1 1. A method comprising:
- 2 forming a source drain extension by implanting
- 3 boron, carbon, and fluorine.
- 1 2. The method of claim 1 including implanting carbon
- 2 to a depth deeper than the boron implant.
- 1 3. The method of claim 2 including implanting
- 2 fluorine to a depth deeper than the boron implant.
- 1 4. The method of claim 1 including implanting carbon
 - 2 at an energy of about 6 KeV.
 - 1 5. The method of claim 4 including implanting carbon
 - 2 at a dose of about 1E15 atoms/cm².
 - 1 6. The method of claim 1 including performing a Halo
 - 2 implant before the implanting boron.
 - 1 7. A method comprising:
 - 2 implanting boron and fluorine to form a source
 - 3 drain extension; and
 - 4 implanting an additional species to reduce
 - 5 transient enhanced diffusion of boron.

- 1 8. The method of claim 7 including implanting carbon
- 2 as said additional species.
- 1 9. The method of claim 8 including implanting carbon
- 2 to a depth deeper than the boron implant.
- 1 10. The method of claim 9 including implanting
- 2 fluorine to a depth deeper than the boron implant.
- 1 11. The method of claim 8 including implanting carbon
- 2 at an energy of about 6 KeV.
- 1 12. The method of claim 11 including implanting
- carbon at a dose of about 1E15 atoms/cm².
- 1 13. The method of claim 7 including performing a Halo
- 2 implant before implanting boron.
- 1 14. An integrated circuit comprising:
- 2 a P-type transistor having a source drain
- 3 extension including carbon and boron.
- 1 15. The circuit of claim 14 wherein said extension
- 2 includes fluorine.

- 1 16. The circuit of claim 14 wherein carbon is deeper
- 2 than said boron.
- 3 17. The circuit of claim 14 wherein fluorine is
- 4 deeper than said boron.
- 1 18. A method comprising:
- 2 performing an Arsenic Halo implant before
- 3 implanting to form P-type source/drain extensions.
- 1 19. The method of claim 18 including forming the P-
- . 2 type source/drain extensions using boron, carbon, and
 - 3 fluorine implants.
 - 1 20. The method of claim 18 including implanting
 - 2 carbon to a depth deeper than the boron implant.
 - 1 21. The method of claim 20 including implanting
 - 2 fluorine to a depth deeper than the boron implant.